

March Zest Menu



Date	Day	Option 1	Option 2
3/7/2017	TUESDAY	Palava Sauce + Yam	Beef Burger + Chips
3/8/2017	WEDNESDAY	Sandwich	Sandwich
3/9/2017	THURSDAY	Lasagna	Vegetable Stew / Rice
3/10/2017	FRIDAY	Fried Rice/Grilled Chicken	Meat Balls / Rice
3/11/2017	SATURDAY	OFF	OFF
3/12/2017	SUNDAY	OFF	OFF
3/13/2017	MONDAY	Mansaf rice Chicken + Yogurt	Baked Potato + Kafta
3/14/2017	TUESDAY	Chicken Taouk + Potato Wedges	Red Red Plantain
3/15/2017	WEDNESDAY	Sandwich	Sandwich
3/16/2017	THURSDAY	Chicken Escalope/ Chips	Fried Rice + Chicken
3/17/2017	FRIDAY	Baked Chicken + Potato Wedges	Spaghetti Bolonese
3/18/2017	SATURDAY	OFF	OFF
3/19/2017	SUNDAY	OFF	OFF
3/20/2017	MONDAY	Groundnut Soup + Rice Ball	Waakye / Eggs
3/21/2017	TUESDAY	Chicken Burger + Chips With Salad	Jollof w/Beef Steamed Vegetables
3/22/2017	WEDNESDAY	Sandwich	Sandwich
3/23/2017	THURSDAY	Fried Rice + Grilled Chicken With Steamed Vegetables	Red Red Plantain

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Date	Day	Option 1	Option 2
3/24/2017	FRIDAY	Spaghetti Bolognese + Salad	Lebanese Mansaf With Yogurt
3/25/2017	SATURDAY	OFF	OFF
3/26/2017	SUNDAY	OFF	OFF
3/27/2017	MONDAY	OFF	OFF
3/28/2017	TUESDAY	OFF	OFF
3/29/2017	WEDNESDAY	OFF	OFF
3/30/2017	THURSDAY	OFF	OFF
3/31/2017	FRIDAY	OFF	OFF